



Timex Data Link USB Watch User's Guide

Timex Corporation
timex.com

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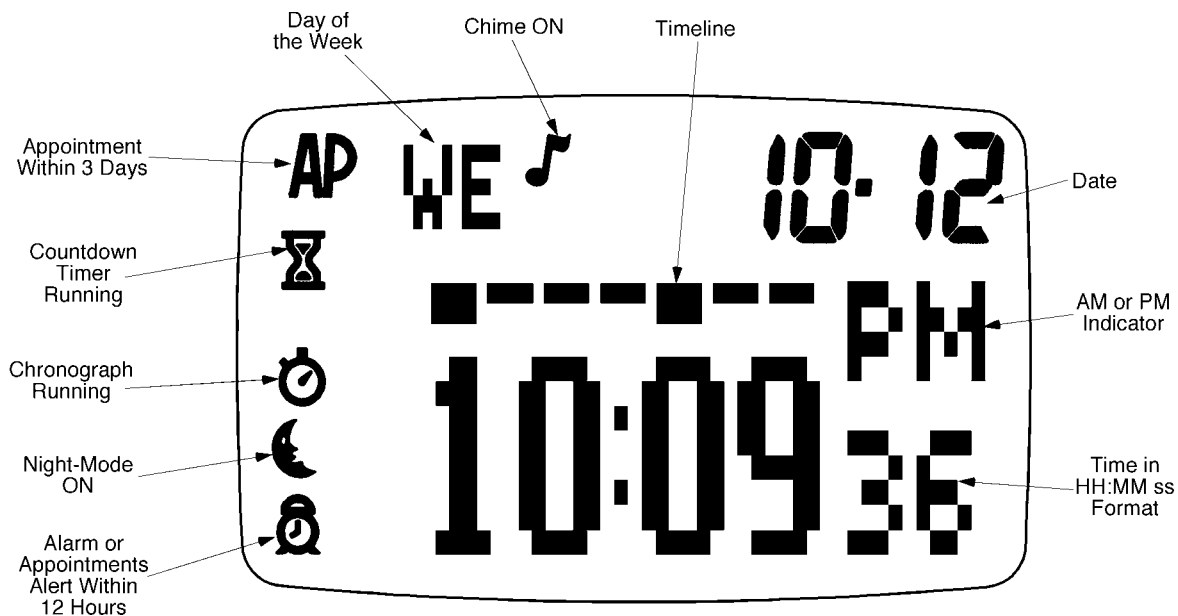
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Overview

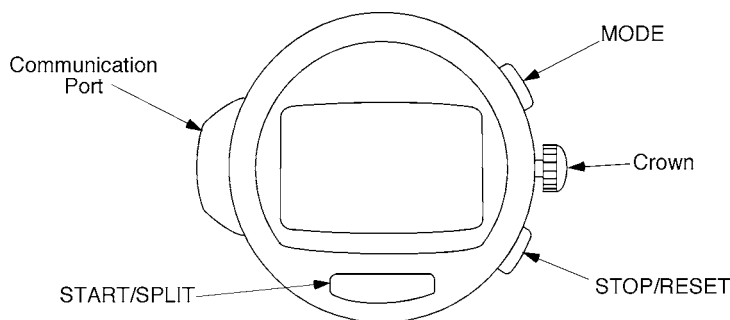
Watch Display

The watch display in the Time of Day mode is illustrated below. The format can be changed, as described in [Setting Time of Day Features](#). Click on the name of an icon for a description of that function.



Controls

The figure below illustrates the locations of the watch controls.



MODE Button

When the watch is displaying time of day, press the MODE button to display the other available modes. Press the button repeatedly until the desired mode is shown. (The mode names and display order can be customized with the PC software.) Whenever the watch has been in one mode for more than 6 seconds, pressing MODE returns the watch to the Time-of-Day display.

Crown

In any mode other than Time of Day, turn the Crown to scroll through the entries. Each click of the Crown displays the next entry; when the end of the list is reached, the next click returns to the first entry. Turn the Crown clockwise to move forward through the entries or counterclockwise to move in reverse.

INDIGLO® and NIGHT-MODE

To activate the INDIGLO night-light in any mode (except when the Crown is pulled out for setting), press the Crown. Holding the Crown in for 4 seconds turns on **NIGHT-MODE**. In NIGHT-MODE, any button press causes the night-light to come on for 3 seconds. To deactivate NIGHT-MODE, hold the Crown in for 4 seconds.

The NIGHT-MODE feature can be customized or disabled in the PC software. See the Software Help for more information.

Setting

The following procedure describes the general process for setting the watch manually. However, it is generally easier to perform most setting operations using the PC software. In fact, some watch functions can only be set with the software.

Manual Procedure – The normal setting procedure is as follows:

1. Pull the Crown out to set.
2. Turn the Crown to change the value of the flashing item.
3. Press MODE to advance to the next item to change, or press STOP/RESET to go in reverse order.
4. Push the Crown in to save your changes and return to the normal display for that mode.

Entering Text – In any mode that allows text entry, when the first character position is flashing turn the Crown to display the available characters (letters, numbers, and punctuation). When the desired character is reached, press MODE to advance to the next character position or STOP/RESET to return to a previous position. Use START/SPLIT as a shortcut to enter a space.

Crown Out – Whenever the Crown is left out for an extended period with no entries being made (either button presses or Crown rotation), an alert sounds and the following message appears on the display to warn you to push the Crown in. Push the Crown in to return to the normal display for the current mode.



You Rock! – If you pull the Crown out in any mode that does not allow manual changes, the following message is displayed.



Modes

This section describes each of the standard watch modes, including basic operations and items that can be set manually.

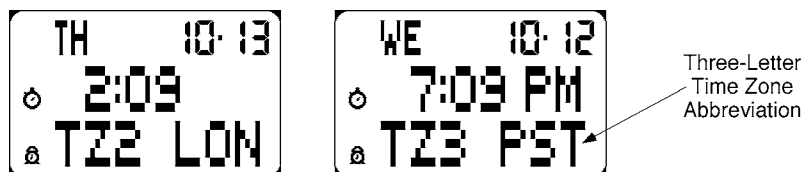
If a mode is not present, it will not appear and no operations will be possible. If a mode is password protected (see [Password Protection](#)), you must enter the password before it can be accessed.

Time

Following are the operations that can be performed in Time of Day mode.

Time Zones

Press STOP/RESET once and hold it in to display the time in the second time zone; press twice and hold to display the time in the third time zone. Following are two examples of alternate time zone displays that appear after one or two presses of STOP/RESET.

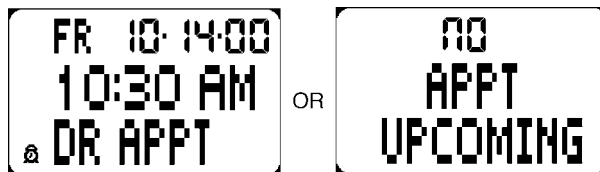


Hold the button in while the desired time zone is displayed to switch to that time zone as the default for the time display. To manually set any of the time zones, you must switch first to it.

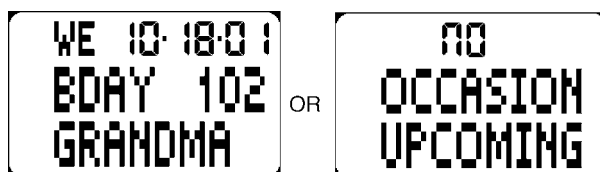


Next Appointment/Occasion

Press START/SPLIT once and hold it in to display the next [Appointments](#) entry that is scheduled to occur (armed or not), as in the sample. If no appointments are scheduled, the second message appears.



Press START/SPLIT twice and hold it in to display the next [Occasions](#) entry that is scheduled to occur, as in the sample. If no occasions are scheduled, the second message appears.



Note that if you recently made changes to the Appointment and/or Occasion entries, the watch may need to sort them before they can be viewed. If this is the case, the following message appears on the display:



Setting Time of Day Features

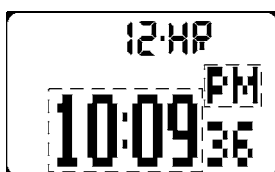
As with most watch functions, Time of Day can be set easily with the PC software. The following procedure describes how to do this manually at the watch.

When the Crown is pulled out in Time of Day mode, the following message is shown. After each item is set by turning the Crown, press MODE to advance to the next item or STOP/RESET to return to a previous one. Push the Crown in to save your changes and return to the normal time display. In the display examples that follow, the flashing item is indicated by a dashed box.

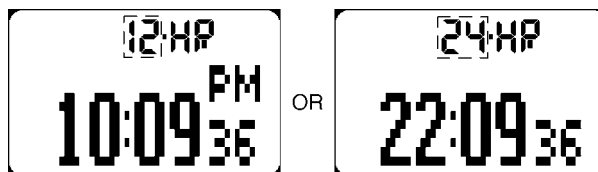


After this message appears, each of the items on the Time of Day display may be set in the following sequence.

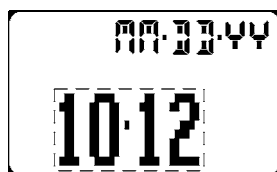
1. *Time* – The current time is the first item to set. After setting hours and minutes, you can reset the seconds to zero by pressing START/SPLIT.



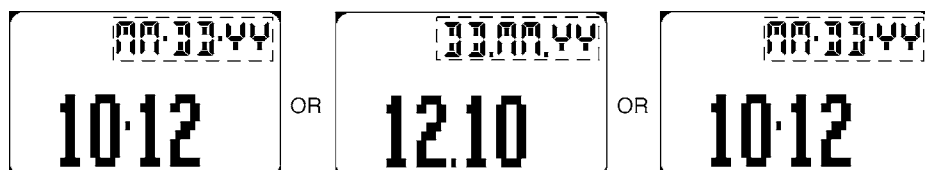
2. *Time Format* – This may be either 12-hour format, which displays AM or PM with the time, or 24-hour, with no AM or PM indication, as shown in the following two examples:



3. *Date* – Set the month and day:



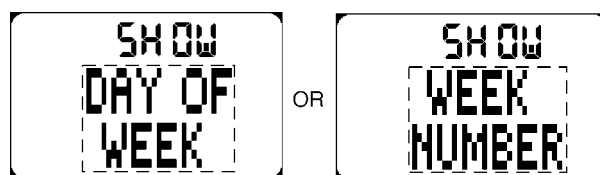
4. *Date Format* – The format for the date display can be set to *mmddyy*, *ddmmyy*, or *yymmdd*.



5. *Year* – The year is set as shown:



6. *Day or Week Number* – In this step, you select whether to display the day (in two-letter format) or the week number. The week number is calculated using either Sunday or Monday as the first day of the week, as determined in the software and downloaded (see the Software Help for more information).



7. *Time Zone Name* – The last item to set in the Time-of-Day display is the time zone name. The first letter of the name is set first, then each of the others in turn.



To set the second and third time zones, you must first switch to them manually (see [Time Zones](#)).

Timeline

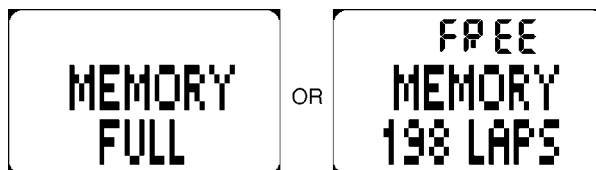
The timeline feature, which is activated with the PC software (see the Software Help for more information), displays a row of seven dashes above the time. The first dash on the left indicates the current day, with the others representing the following six days. A block indicates that an **Occasion** is set for that day. In the example, today and the fourth day from today have occasions.



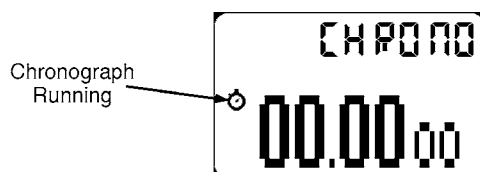
Chronograph

This mode allows you to record the elapsed time of an event. The duration of an individual lap (lap time) and the total time for a number of laps (split time) can be displayed, stored in memory, and recalled.

When this mode is entered, the display shows the number of laps that can be stored in the remaining **Memory**; if none is available, the second message appears.



Then the display shows the current state of the chronograph, which can be either reset (shown), stopped, or running.

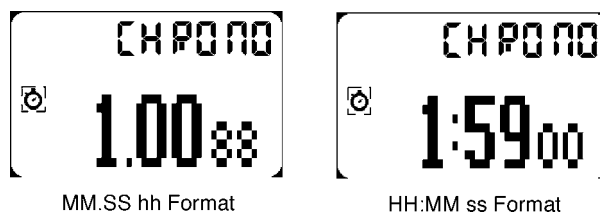


Basic Operations

The functions you can perform while in Chronograph mode are as follows.

Start the Chronograph

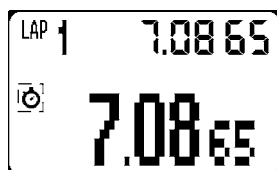
To start timing a new workout, with the display reset, press START/SPLIT. The chronograph icon blinks continuously as long as the chronograph is running. The total time is displayed as shown, as MM.SS hh (minutes, seconds, hundredths of a second) for times less than 1 hour and as HH:MM SS (hours, minutes, seconds) for times greater than an hour, up to 100 hours.



Take a Split

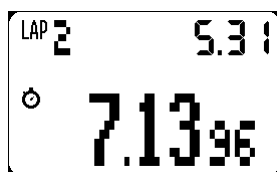
Press START/SPLIT to take a split, which means to stop timing one part of a workout (such as a lap) and to start timing the next part. The display then freezes for 10 seconds, as shown, after which it resumes with the next lap. Press MODE to immediately display the next lap timing. After a split is taken, the lap number shows in the upper left part of the display.

There are four formats available for displaying lap and split times, as described here [see [Formats](#)]. Note that you may continue to take splits, even after the watch's memory is filled. In this case, the workout date is saved, along with as many of the first splits as will fit.



Stop the Chronograph

Press STOP/RESET to stop the chronograph at any time. The display will remain at whatever lap and split times were reached at that point, as in the example.



Restart the Chronograph

Press START/SPLIT again to restart the chronograph. The times will resume from where they were previously stopped.

Store a Workout

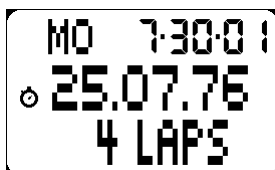
To store a completed workout, turn the Crown one click in either direction. A message will tell you that the workout was stored, then the amount of free memory left (or MEMORY FULL, if appropriate), followed by a return to the chronograph reset display.



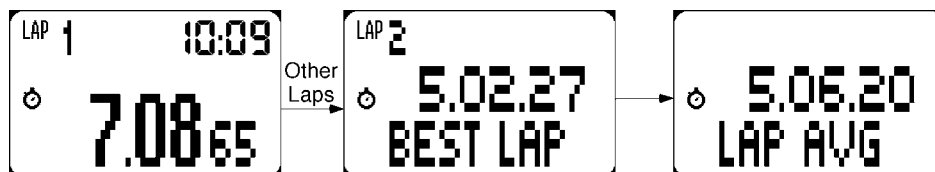
Recall a Workout

You can recall any workout that has been saved, completed (but not saved), or currently running.

When the chronograph is reset, turn the Crown to scroll through the stored workouts. The workout information appears with the day of the week and date the workout was started, the total time, and the number of laps:



When you have reached the workout that you want to view, pull out the Crown. If no splits were recorded for that workout, the display goes to the format setting step [see [Formats](#)]. Otherwise, the display shows the first split stored. Continue turning the crown to view all splits for that workout. Following the splits, the best lap time is shown, followed by the lap average. Push the Crown in to return to chronograph mode.



To view the details for a workout that was completed but not stored or for a workout that is currently running, pull out the Crown. The sequence of displays is the same as for stored workouts.

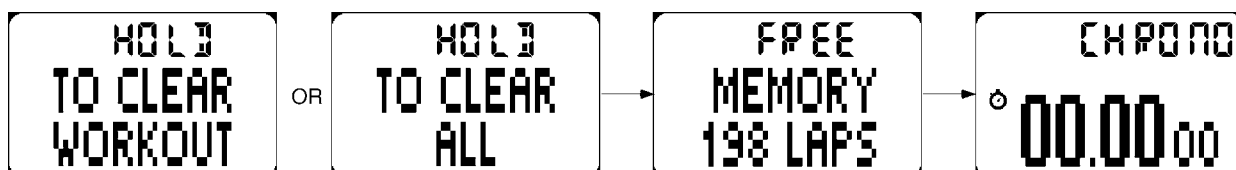
Reset the Chronograph

To clear the current workout and reset the chronograph, press and hold STOP/RESET. When you have held it long enough, the watch beeps to confirm that the chronograph is reset. It then displays the status of [Memory](#), followed by the reset chronograph.



Clear Stored Workouts

To clear the stored workout being viewed, press and hold STOP/RESET. To clear all stored workouts, start with the Chronograph in reset, then press and hold STOP/RESET. The display shows one of the first two messages, as appropriate, followed by the memory status and the reset chronograph after the clear operation is complete.



Exit the Chronograph

You can leave Chronograph mode at any time by pressing MODE to return to Time of Day.

If the Chronograph was running, it will continue to run and the [Watch Display](#) will show in the Time of Day display. When you return to Chronograph mode, the currently running workout is displayed.

Memory

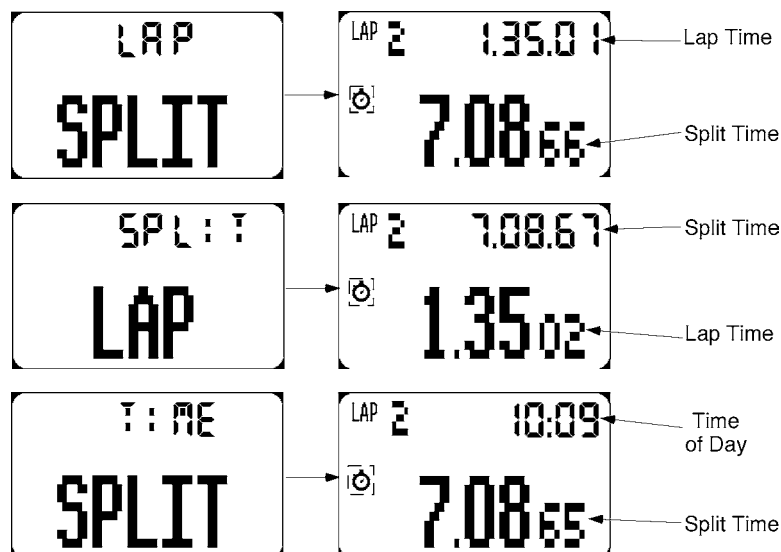
The amount of memory allocated to storing lap times in Chronograph mode is set using the PC software (see the Software Help for information on this function). You may allocate 5–200 laps of memory. Each workout reduces the free memory by one for each split plus one more for the workout itself.

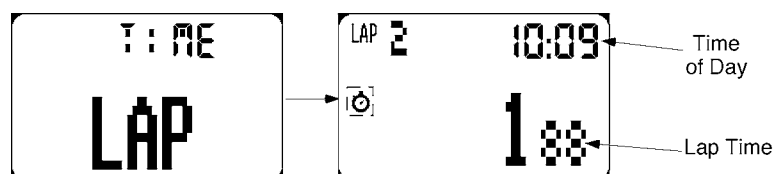
The amount of free memory available is displayed when Chronograph mode is started and also when a workout is stored or deleted. You can make more memory available by deleting stored workouts.

Formats

There are four formats available for displaying lap and split times during a workout or when a workout is recalled from memory. To set the format, pull out the Crown; the message RECALL/FORMAT appears on the display. If you pull out the Crown when the display is reset or if the current workout had no splits taken, the format-setting step appears immediately. Otherwise, the watch enters workout recall, at which point you can press MODE to go to the format-setting step.

The four workout display formats are as follows, with the setting display shown first, followed in each case by an example of that format displaying workout data. Note that formats that include the lap time only apply after a split has been taken.

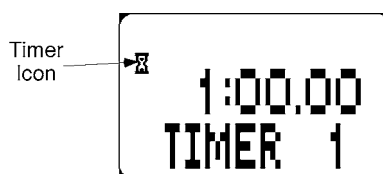




Countdown Timer

This feature allows you to set a time from which the watch counts down to zero, then sounds an alert to warn you that the time has elapsed. Entries may be set in the PC software and downloaded (see the Software Help for more information) or manually with the watch controls.

When this mode is entered, the display shows the current state of the timer, which can be either reset, stopped, or running.

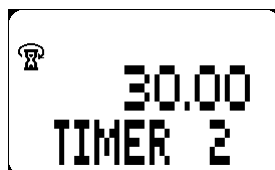


Basic Operations

The functions you can perform while in Countdown Timer mode are as follows.

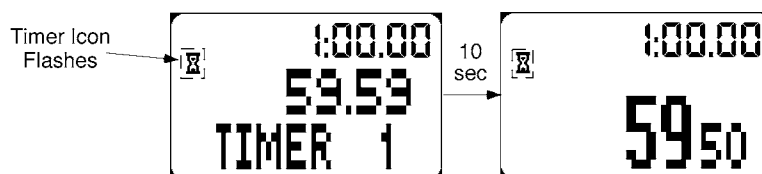
View the List of Timers

To view the timers stored in the watch, turn the Crown.

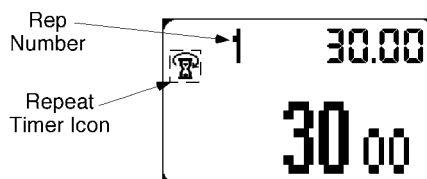


Start the Timer

Press START/SPLIT to start the countdown timer. The starting time is displayed in the top line, with the middle line showing the current time remaining. After the count has progressed for 10 seconds, the format changes to show the time remaining in large numerals.



If the timer has been set to repeat, the repetition number is shown in the top line as well.



Stop the Timer

To stop the timer at any point in the countdown, press STOP/RESET. The display will hold the count where it left off and the timer icon will stop flashing.

Resume the Countdown

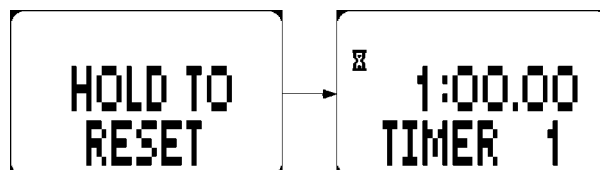
To resume an interrupted countdown, press START/SPLIT. The countdown will continue from the stop point and the timer icon will resume flashing.

Stop the Alert

When the watch has reached the end of the countdown, it beeps and Indiglo flashes. To silence the alert, press any button or the Crown. If the watch is in another mode when the timer alert display pops up, you can press any button to return to that mode or wait for the watch to do so automatically.

Reset the Timer

To reset the timer (return to the starting time) while it is stopped, press and hold STOP/RESET.



Exit the Timer

You can leave Timer mode at any time by pressing MODE to return to Time of Day.

If the Timer was running, it will continue to run and the timer icon will show in the Time-of-Day display. When you return to Timer mode, the currently running timer is displayed.

Setting a Timer

To set a timer, pull out the Crown. Turn the Crown to set the hours and minutes. Press MODE to then set the seconds.



After the time has been set, press MODE again to choose the action to occur at the end of the countdown, as follows:

- **STOP** – The timer simply stops when it reaches zero.
- **REPEAT** – The timer automatically repeats the countdown. This continues until the timer is stopped when you press STOP/RESET.
- **CHRONO** – The chronograph is started when the timer reaches zero. Note that if the chronograph was already running, the timer instead acts as if STOP had been selected.



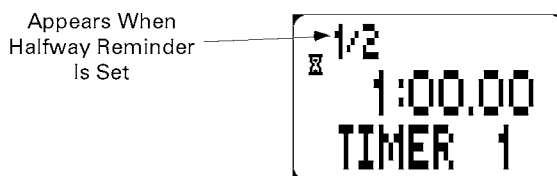
Push the Crown when done.

You can also set a message (up to nine characters) for each timer to indicate its function. However, this feature is only available from the PC software (see the Software Help for more information).



Halfway Reminder

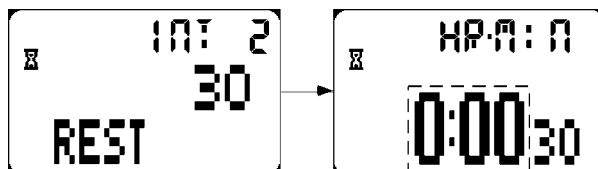
You can set the watch to remind you when the halfway point of the countdown has been reached by pressing STOP/RESET while the timer is reset. When the halfway point is reached, the watch will play a short tune, while the countdown is continuing. To disable the halfway reminder, press STOP/RESET again. Note that you cannot set the halfway reminder unless the timer is set for at least 1 minute.



Interval Timer

This feature allows you to link a sequence of countdown timers. When the timer is started, it begins by counting down the first interval, then continues with the next interval until it reaches an interval with a zero set time. At this point, the timer stops, repeats, or goes to chronograph mode, depending on which option was set.

All operational functions are performed as in [Countdown Timer](#) mode. During Setting, press START/SPLIT to set an interval. This feature is particularly useful for interval training, in which the intensity of the workout varies over different intervals. Set the timer message to identify each interval.

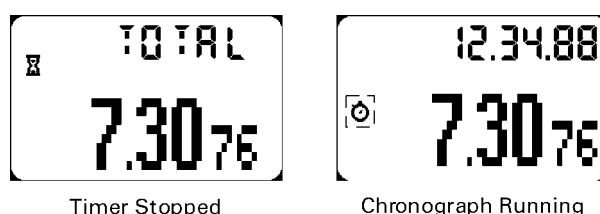


Synchronized Timer

This function keeps track of the total time since starting and, optionally, the stoppage time for any events using the [Chronograph](#), [Countdown Timer](#), or [Interval Timer](#). You can use this feature to keep track of how long you've been jogging, including stops at street corners, or how long you've been doing your interval training.

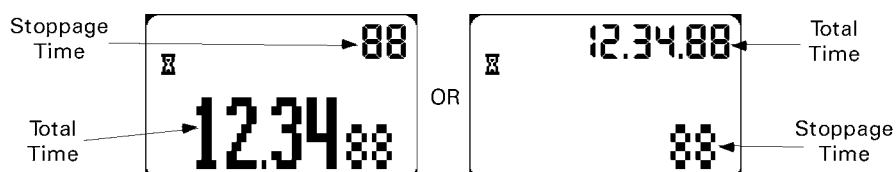
Basic Operation

The synchronized timer is started whenever the [Chronograph](#), [Countdown Timer](#), or [Interval Timer](#) is started from reset. The synchronized timer responds only to the chronograph or timer that caused it to start, until a new start from reset occurs. Either the chronograph or timer icon is displayed to indicate which function started the synchronized timer. If this icon is flashing, that function is currently running; if not, it is stopped.



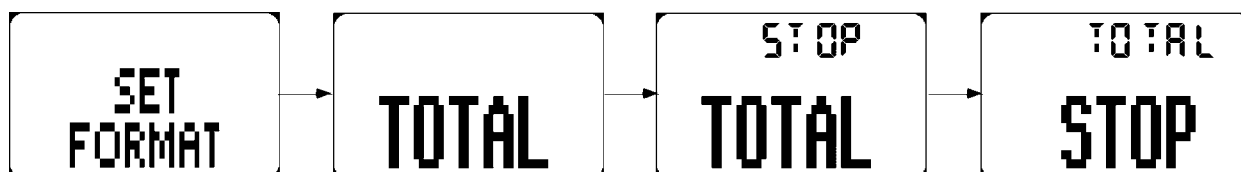
Stoppage time

When you stop the chronograph or timer, the synchronized timer's total time continues running and the stoppage timer starts. When you reset the chronograph or timer, both the total and stoppage times of the synchronized timer stop. They are reset to zero at the next start of the chronograph or timer from reset.



Setting

Pull out the Crown and turn it to display the three available display formats. Push in the Crown at the desired format to save your choice and return to reset mode.



Schedule

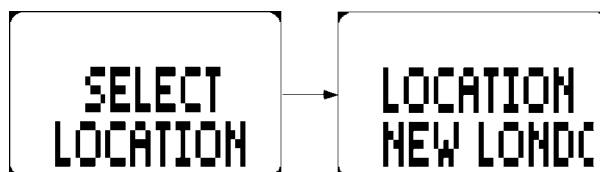
This feature allows you to view schedules entered with the PC software and downloaded to the watch (see the Software Help for more information). It may be used to view such data as the sports team schedules, sunrise and sunset times, and tide tables.

When you enter this mode, the display shows the first entry that occurs after the current date and time for the current schedule, or END OF LIST if there is no entry. To view other entries in the schedule, turn the Crown.



Changing Schedules

To view the schedule for a different member of the schedule set, if there are any, pull out the Crown. Turn it to select the desired schedule, then push the Crown in.



Alarm

This feature allows you to set one or more alarms to go off on a preset schedule. Entries may be set in the PC software and downloaded (see the Software Help for more information) or manually with the watch controls. When you enter this mode, the display shows the last entry viewed.



Basic Operations

Following are descriptions of the basic functions that can be performed with the watch controls.

Viewing the List of Alarms

To view the alarms stored in the watch, turn the Crown. After the end of the list of alarms has been viewed, a message appears giving the number of unused entries (if any), followed by the end of list message. Turn the Crown once more to return to the beginning of the list.

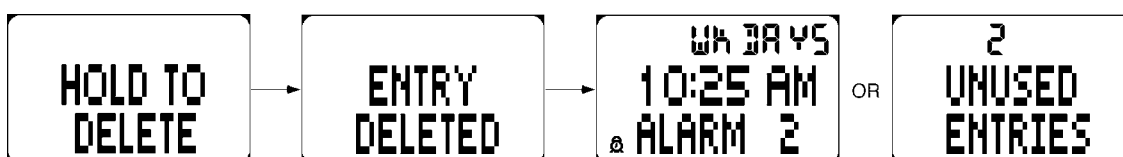


Arming or Disarming an Alarm

To arm (turn on) or disarm the displayed Alarm entry, press START/SPLIT. The Alarm icon appears when the alarm is armed. Note that when the watch has returned to Time of Day mode, the alarm icon appears when an alarm alert is set to sound within the next 12 hours.

Deleting an Alarm

To delete the displayed Alarm entry, press and hold STOP/RESET. When an alarm is deleted, it is added to the collection of unused entries.

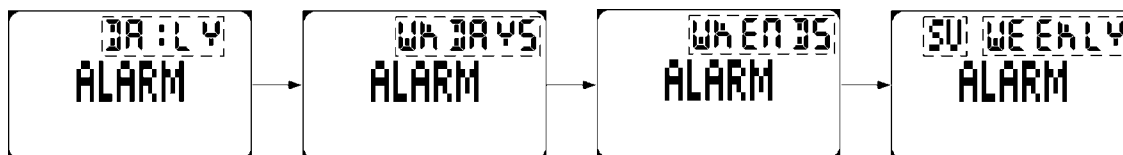


Setting Alarms

To set an alarm, turn the Crown to display either an existing alarm that you want to change or an unused entry to create a new alarm. Pull out the Crown to enter setting mode. The first step is to set the alarm time. Turn the Crown to change the alarm time. Press START/SPLIT to change between 5-minute and 1-minute resolution.



Press MODE to move to the second step, choosing the day or days on which to generate the alarm. Turn the Crown to display the choices of, in order, DAILY (every day), WKDAYS (Monday through Friday), WKENDS (Saturday and Sunday), or WEEKLY (one day per week; choose SU through SA). Turn the Crown to move through the sequence until the desired setting is reached.



Press MODE to move to the final step, at which you can set a message for the alarm. As the first character position flashes, turn the Crown to choose the letter or number to appear, then press MODE to advance to the next character, or STOP/RESET to return to the previous character. Press START/SPLIT as a shortcut for entering a space. When you are done setting the alarm, push the Crown in. Note that you may edit only as many characters as there were in the original message. Messages may contain up to 100 characters.



Alarm Alert with Backup

When the day and time for an armed alarm are reached, the watch sounds an alert and displays the alarm entry. You can silence the alert by pressing any button. The alarm message then scrolls, if necessary. If the alarm is not silenced before the alert melody is finished, a backup alert will be generated one more time in 5 minutes.

If the watch is in another mode when the alarm display pops up, you can press any button to return to that mode or wait for the watch to do so automatically.

Appointments

This feature allows you to set the watch to remind you of upcoming appointments. Entries may be set in the PC software and downloaded (see the Software Help for more information) or manually with the watch controls. When you enter this mode, the display shows the last entry viewed.

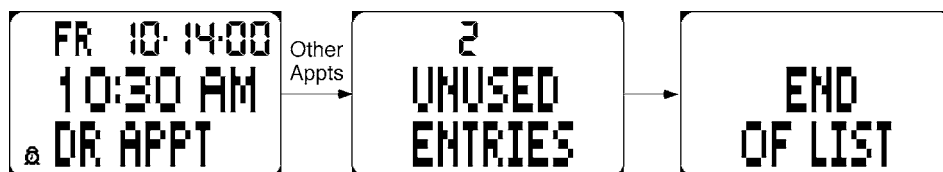


Basic Operations

Following are descriptions of the basic functions that can be performed with the watch controls.

Viewing the List of Appointments

To view the appointments stored in the watch, turn the Crown. After the end of the list of appointments has been viewed, a message appears listing the number of unused entries (if any), followed by the end of list message. Turn the Crown once more to return to the beginning of the list.

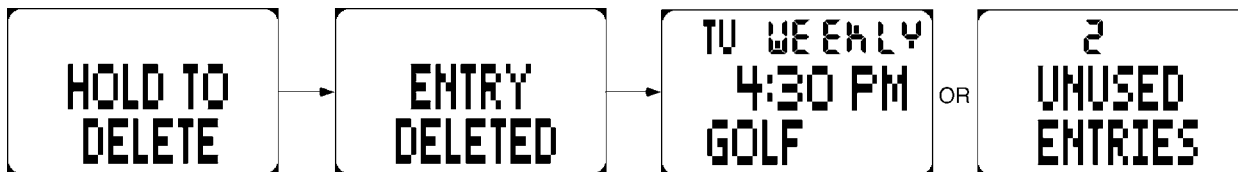


Arming or Disarming an Appointment

To arm (turn on) or disarm an appointment, scroll through the list of appointments by turning the Crown until the desired one is reached. Press START/SPLIT to turn the appointment alert on or off, as indicated by whether or not the alarm icon appears in the display.

Deleting an Appointment

To delete an appointment, scroll through the list of appointments by turning the Crown until the desired one is reached. Press and hold STOP/RESET. After the appointment is deleted, the next entry in the list (if any) is displayed or the number of unused entries.



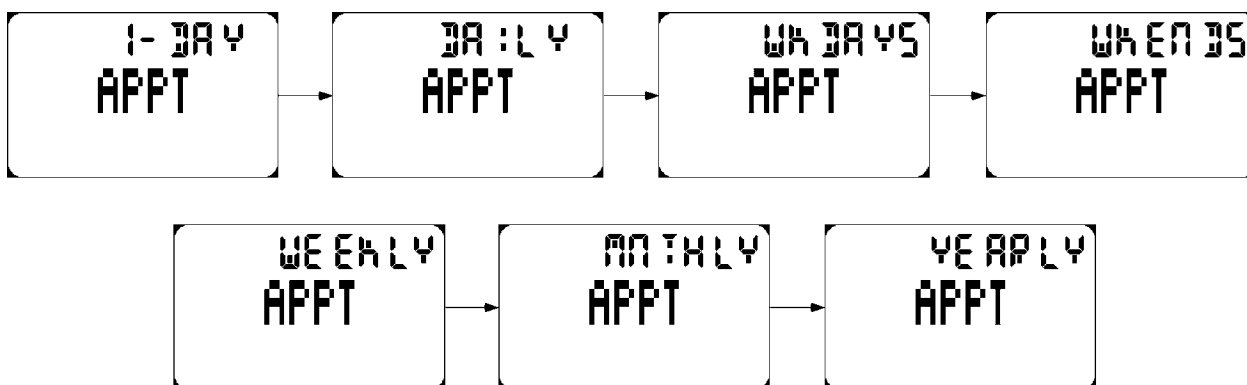
Note that when the watch is in Time of Day mode, the alarm icon appears when an appointment alert is set to sound within 12 hours. The AP symbol appears when an appointment is scheduled for the current day or the next three days, whether it is armed or not.

Setting Appointments

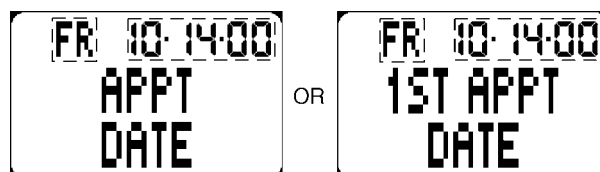
To set an appointment, turn the Crown to display an existing appointment that you want to change, or display an unused entry to create a new appointment. Pull out the Crown to enter setting mode. The first step is to set the appointment time. Turn the Crown to change the appointment time. Press START/SPLIT to change between 5-minute and 1-minute resolution.



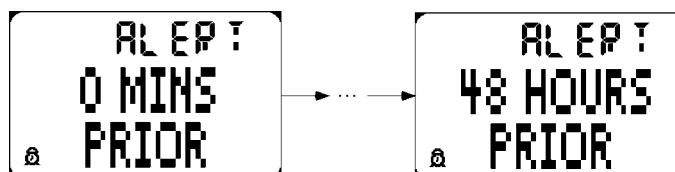
Press MODE to move to the second step, choosing the frequency of the appointment. Turn the Crown to display the choices of, in order, 1-DAY (occurs only once), DAILY (every day), WKDAYS (Monday through Friday), WKENDS (Saturday and Sunday), WEEKLY (every week on the chosen day), MNTHLY (every month on the chosen day of the month), or YEARLY (every year on the chosen date).



Press MODE to move to the third step. If the selection in the previous step was 1-DAY, then this step determines the date of the appointment. For any other choice of frequency, this step determines the first occurrence of the appointment. Turn the Crown to choose the date. Thus, either of the following two displays appears.



Press MODE to move to the fourth step, which determines how long before the appointment time the alert will sound, as long as the appointment is armed. Turn the Crown to choose from the available settings: 0 MINS, 5 MINS, 10 MINS, 15 MINS, 30 MINS, 60 MINS, 2 HRS, 3 HRS, 4 HRS, 5 HRS, 6 HRS, 8 HRS, 10 HRS, 12 HRS, 24 HRS, and 48 HRS.



Press MODE to move to the fifth step, at which you can set the message for the appointment. As the first character position flashes, turn the Crown to choose the letter or number to appear, then press MODE to advance to the next character, or STOP/RESET to return to the previous character. Press START/SPLIT as a shortcut for entering a space. When you are done setting, push the Crown in. Note that you may edit only as many characters as were in the original message. Messages may contain up to 100 characters.



Appointment Alert with Backup

When the day and time for an armed appointment are reached, the watch sounds an alert and displays the appointment entry. You can silence the alert by pressing any button. The appointment message scrolls, if necessary. If the appointment alert is not silenced before the alert melody is finished, a backup alert will be generated one more time in 5 minutes.

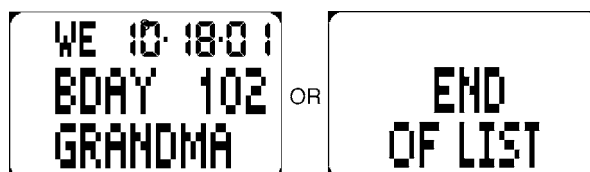
If the watch is in another mode when the appointment display pops up, you can press any button to return to that mode or wait for the watch to do so automatically.

View the Next Appointment

Whenever the watch is in Time of Day mode, you can view the next appointment by pressing and holding START/SPLIT. See [Next Appointment/Occasion](#) for details.

Occasions

This feature allows you to download dates for specific occasions (such as birthdays, anniversaries, and holidays) into the watch. Occasion entries may be created only in the PC software (see the Software Help for more information). When you enter this mode, the watch displays the next entry to occur.



You can view the complete list of occasions by turning the Crown. Recurring entries repeat every year. If there are no recurring entries, then END OF LIST appears when all the occasions have been viewed.

If you enter the original year of an anniversary or birthday, the watch will display the number of the anniversary or birthday.

Timeline

The timeline feature, which is activated with the PC software (see the Software Help for more information), displays a row of seven dashes above the time. The first dash on the left indicates the current day, with the others representing the following six days. A heavy dash indicates that an occasion is set for that day. In the example, today and the fourth day from today have occasions. The timeline updates each day; thus, the blocks representing upcoming occasions will move from right to left in the timeline display.



View the Next Occasion

Whenever the watch is in Time of Day mode, you can view the next appointment by pressing START/SPLIT twice and holding it in. See [Next Appointment/Occasion](#) for details.

Contact

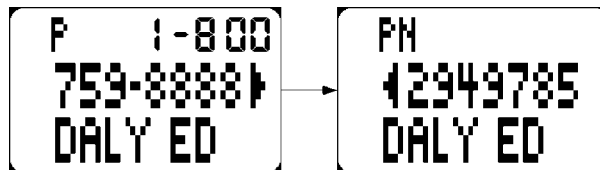
This feature allows you to keep a list of names with phone numbers and other contact information in the watch. Contact information can only be entered or changed with the PC software (see the Software Help for more information). When you enter this mode, the display shows the last entry viewed. Turn the Crown to scroll through the list of contacts.



Phone Number Format

The phone number type (such as H for “home”) appears in the upper left of the watch display. The phone number begins in the top row of the display, with the area code or country code, if appropriate, followed by the rest of the number in the middle row. The bottom row contains the contact’s name and other information you choose, limited to 100 characters.

If the phone number is longer than 14 digits, an arrow appears after the first part of the number to indicate that it is continued in the next entry.



Message Scrolling

If the bottom-row message is too long for the display, it begins to scroll forward. To stop the scrolling, press START/SPLIT. You can then scroll through the message manually, forward or backward, by turning the Crown. Press START/SPLIT again to resume automatic scrolling.

Note

This feature allows you to enter and view messages of up to 100 characters. Notes can be entered either with the PC software (see Software Help for more information) or manually using the watch controls. When you enter this mode, the display shows either the last entry viewed.



Basic Operations

View the List of Notes

Entries appear in the order selected in the PC software. Turn the Crown to scroll through the list of notes. At the end of the list, a message tells you the number of unused entries, if any, before the END OF LIST message.

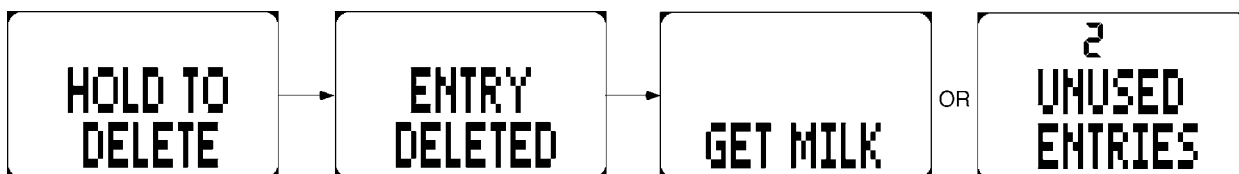


Message Scrolling

If the message is too long for the display, it begins to scroll forward. To stop the scrolling, press START/SPLIT. You can then scroll through the message manually, forward or backward, by turning the Crown. Press START/SPLIT again to resume automatic scrolling.

Delete an Entry

To delete a note, scroll through the list of notes by turning the Crown until the desired one is reached. Press and hold STOP/RESET. After the note is deleted, the next entry in the list (if any) is displayed or the number of available entries.



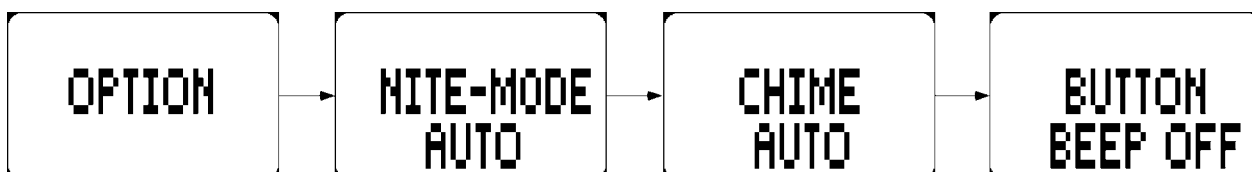
Setting Notes

To set a note, turn the Crown to display either an existing note that you want to change or an unused entry to create a new note. Pull out the Crown to enter setting mode. A cursor will flash over the first character. Turn the Crown to choose the desired character. Press MODE to advance to the next position, or STOP/RESET to return to a previous position. Press START/SPLIT as a shortcut to enter a space. When you are done setting, press the Crown in. Note that you may edit only as many characters as there were in the original message. Messages may contain up to 100 characters.



Options

Three additional features – NIGHT-MODE, Chime, and Button Beep – are available through the Options mode. When you enter this mode, the last feature viewed is displayed. Turn the Crown to view the other two features.



NIGHT-MODE

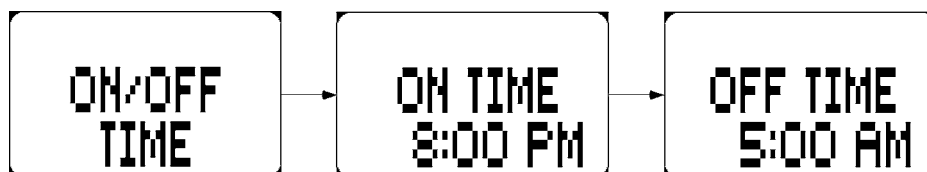
When this feature is activated, the INDIGLO light is turned on whenever a button is pressed. It can be set to OFF, ON, or AUTO. When turned ON, NIGHT-MODE is active for 8 hours. AUTO activates NIGHT-MODE during preset times.

Setting NIGHT-MODE

From the display showing the current state of NIGHT-MODE, press either START/SPLIT or STOP/RESET. The sequence of settings is OFF–AUTO–ON–AUTO–OFF. This allows you to set the current state as either ON or OFF and also turn on AUTO, if desired. When NIGHT-MODE is ON, its icon appears in the display, as shown.



If AUTO is active, pull out the Crown to set the start and stop times. Turn the Crown to change the ON time, then press MODE to go to the OFF time. Press the Crown in to save the setting. When you select AUTO or change the ON or OFF time, the change takes effect when the ON or OFF time is next reached.



Chime

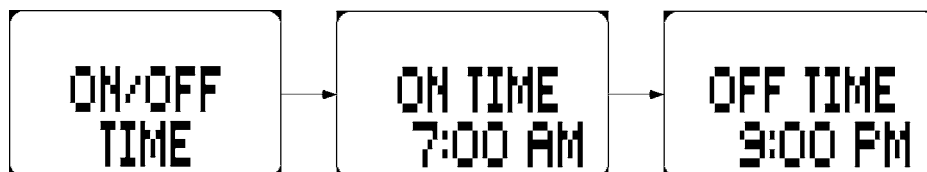
When this feature is activated, the watch chimes at every hour. It can be set to OFF, ON, or AUTO. When set to AUTO, the chime is active only during preset times.

Setting the Chime

From the display showing the current state of Chime mode, press either START/SPLIT or STOP/RESET. The sequence of settings is OFF–AUTO–ON–AUTO–OFF. This allows you to set the current state as either ON or OFF and also turn on AUTO, if desired. When chime mode is ON, its icon appears in the display, as shown



If AUTO is active, pull out the Crown to set the start and stop times. Turn the Crown to change the ON time, then press MODE to go to the OFF time. Press the Crown in to save the setting. When you select AUTO or change the ON or OFF time, the change takes effect when the ON or OFF time is next reached.



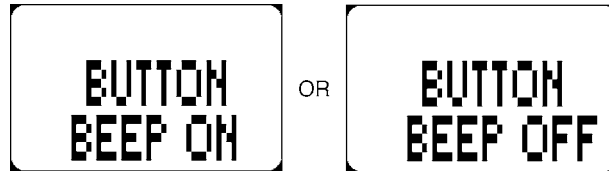
The chime sounds at both the ON and OFF times and at each hour between. If the ON and OFF times are the same, the watch chimes only once.

Button Beep

When this feature is activated, the watch beeps whenever any button is pressed. It can be set to OFF or ON.

Setting Button Beep

From the display showing the current state of Button Beep mode, press either START/SPLIT or STOP/RESET to change the setting.



Wrist Apps

Other modes can be downloaded to the watch with the PC software. See the Software Help for information on using this feature.

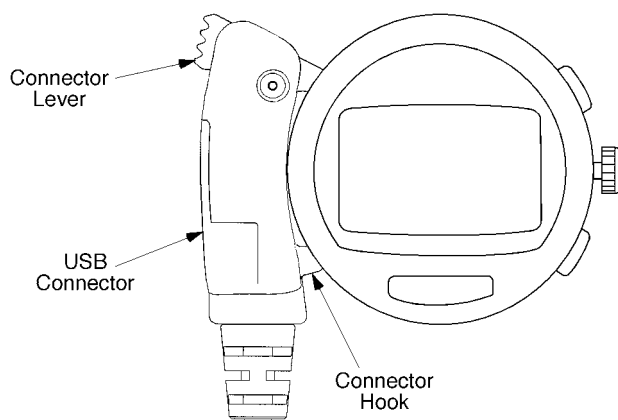
Communication

To initiate communication between your watch and the Timex software in your PC, attach the USB cable between the watch and PC. The software will automatically start up.

Connecting the USB Cable

Connect the USB cable to your watch as follows:

1. Insert the rectangular end of the cable into an open USB port on your PC.
2. Hook the bottom of the connector on the other end of the cable to the left side of the watch below the contacts.
3. Pull the connector lever open and hook the upper end of the connector to the watch.
4. The software automatically reads the watch's data.



When you have completed downloading information from the PC, remove the connector from the watch by pulling the lock lever open and moving the connector toward the bottom of the watch, then unplug the connector from your PC.

Communication Error

When the USB cable is connected to the watch and the Crown is in normal position, the display contains the message COMM READY. If data are being received or transmitted by the watch, the symbol on the display appears as shown:



Ready for
Communication

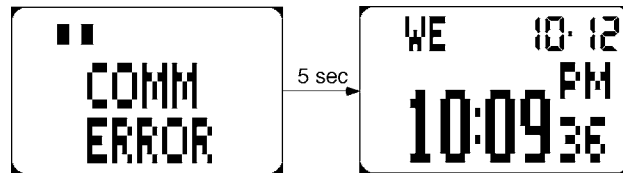


Receiving Data



Transmitting Data

If communication is interrupted, such as by removal of the USB cable, the watch may sound an error melody and display the message COMM ERROR. If the watch cannot recover from the error, it returns to Time of Day mode and reverts to its standard set of modes. Try reconnecting the USB cable to try to reestablish communication and download again. If you are unable to get the download to work, check with Timex Technical Support (see [Technical Support](#)).



Custom Settings

Melodies

Various watch functions generate melodies to alert you to a specific condition, including hourly chime, button beep, and alarm alert. You can change these melodies using the PC software; see the Software Help for more information on customizing watch melodies.

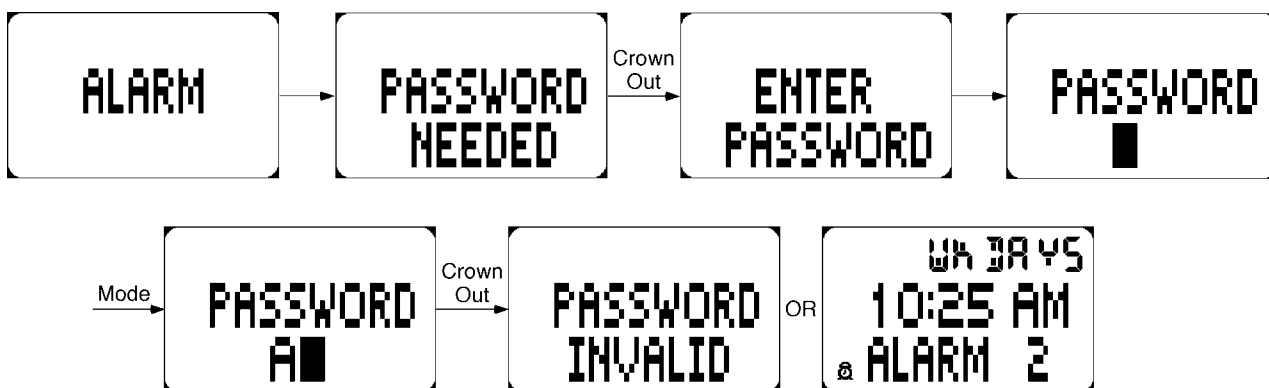
Character Set

If you wish to enter international characters manually on the watch, you may enable this feature in the PC software. See the Software Help for more information.

Password Protection

You may activate password protection to restrict access to any of the following modes: Alarm, Appointment, Contact, Occasion, and Schedule. The two-character password is selected in the software and downloaded to the watch, along with the choice of which modes to protect. The same password applies to all protected modes.

Whenever the watch enters a protected mode, it displays the message PASSWORD NEEDED. Pull the Crown to enter the password. Turn the Crown to select the first character, then press MODE to move to the second character. Turn the Crown to select the second character, then push the Crown in. If the password is correct, it enters the protected mode; if not, it displays the message PASSWORD INVALID. You may pull the Crown out to try again. When you leave a protected mode, it is again protected. An example sequence of watch displays is shown.



If you forget your password, simply look in the PC software, where it was set.

Tips

Following are some ideas for using the various features of your watch.

- You can always check the current time, no matter which mode you are currently using, by pressing and holding the MODE button (as long as you've been in the mode for at least a few seconds). The Time of Day display remains as long as you hold the button, then the display returns to your previous mode when you release the button.
- When entering messages in any of the modes that allow them, such as Contact, Note, or Occasion, try to use the first eight or nine characters to identify the content. This eliminates the need for scrolling through a long message to remember what you meant and allows you to save memory by specifying a shorter message size.
- Use one of the two other available time zones for daylight savings time or to present the time in a different format (12-hour or 24-hour).
- For an appointment on the last day of every month, make an appointment for the first day of the month with 24-hour advance notification.
- Timers can be used to notify you when to add ingredients or change temperatures when cooking or to remind you of when to take medications.
- Notes can be used to store account numbers and passwords.
- Schedule mode can be used to store sports schedules, class schedules, times of sunrise and sunset or high and low tides.
- You can download more than one version of a mode. For instance, you can have separate modes for personal and business contacts and give them different names.
- Use the watch memory wisely. Longer text fields take up more memory, so that fewer total entries can be stored. If you want the watch to hold more entries, specify the text fields as short as possible.

Technical Information

Battery

When installed at the factory, the battery is estimated to last two years. However, battery life may vary, depending on your actual usage. When the watch's battery is low, the message LO BATT is displayed in place of the date, at the beginning of each day. The reminder disappears when you change the display. You should replace the battery as soon as possible. While the watch will continue to run, a low battery may cause communication problems.

To avoid the possibility of permanently damaging the watch, Timex *strongly recommends taking your watch to a retailer or jeweler to have the battery replaced.*

Water Resistance

This watch is rated as water resistant as marked on the watch. A 100 m water-resistant watch withstands pressure to 172 p.s.i. (equals immersion to 330 feet or 100 meters below sea level). A 50 m water-resistant watch withstands pressure to 86 p.s.i. (equals immersion to 165 feet or 50 meters below sea level).

Do not press the watch buttons while under water, as the watch *will not* remain water resistant.

Compliance

FCC Notice

Tested To Comply With FCC Standards FOR HOME OR OFFICE USE.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. **Caution:** Any changes or modifications not expressly approved by Timex Corporation could void the user's authority to operate this equipment.

Industry Canada Notice

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

Technical Support

If you have any questions about your watch that are not answered by the Watch Help or Software Help, you can get assistance from Timex Technical Support. The following options are available:

- The Timex web site at www.timex.com. Live help is available between 9 a.m. and 5 p.m. Eastern time or you can send questions by email. You can also download PDF copies of watch instructions.
- Toll-free technical support line in the US and Canada: 1-800-328-2677.
- Technical support line for international queries: 1-501-370-5775.